Cycling vs Running After Age 50

Both are great exercises that improve cardiovascular fitness, muscular strength and endurance, and can burn excess fat, but which is better for individuals over fifty years old?

Benefits over running
- No impact forces
- Less strenuous for those carrying a few extra pounds

Benefits over cycling
- Workouts can be completed in less time
- Equipment cost less money
- Impact forces leads to higher bone density

Drawbacks
- Lack of impact forces lead to lower bone density (not a good thing) [3]

Drawbacks
- Greater risk of muscoskeletal injuries, particularly in the feet [2]

Verdict

Both running and cycling increase somatotropin, a hormone for stimulating muscle growth [1], and therefore are beneficial. The better exercise is the one that can be done repeatedly with enjoyment and without pain. This is typically cycling for those with a history of joint problems; although it can be running for those who have a history of running without inducing injury.